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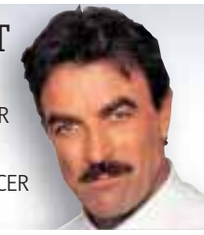

IN ITS FIRST 10 YEARS, MOVEMBER HAS RAISED AWARENESS AND MILLIONS OF DOLLARS FOR PROSTATE AND TESTICULAR CANCER RESEARCH PAGE 10

Aboriginal learners make up nearly

15%

of our student population.

RED RIVER COLLEGE

COUPLAND TEMPS AT METRO

Renowned Canadian author Douglas Coupland, second from right, is publishing TEMP, an exclusive 20-chapter fiction story in Metro each weekday starting today until Nov. 29. The series is focused on a character that could one day be you, Metro reader. The author, who popularized the term Generation X, worked with editors at Metro's head office on the collaboration. From left, Melita Kuburas, Quin Parker, Amber Shortt, Fernando Carneiro, Lacy Atalick, Coupland and Mark Charles. Turn to pages 2 and 5 for more. DAVID VAN DYKE/METRO

Include police HQ in audit: Councillors

$177.4 million? City to borrow $15 million more, but get lower interest rate: Mayor

Two city councillors are calling for the downtown Winnipeg police headquarters project — currently facing a cost overrun — to be included in the ongoing real estate audit.

Councillors Jenny Gerbasi and Paula Havixbeck made the call after being briefed on the police HQ during Friday morning's council seminar.

"I would like to ask the auditor to expand the audit that we're doing to include the project management on this thing," said Gerbasi, referring to city auditor Brian Whiteside.

Media have not been provided any formal reports, but based on comments from elected officials, the city will have to borrow about $15 million more for the project.

Mayor Sam Katz said the cost for the project will come in at $177.4 million, adding that this figure does not include the office tower portion of the building, which the city hopes to sell in the future, nor the $7 million allocated to a firing range that is not on the premises. Furthermore, Katz said the city had originally budgeted the project at six per cent interest, but the current rate is 4.5 per cent over 40 years.

"I'm beyond displeased," said Katz, adding $12.5 million of the cost overrun is related to mechanical and electrical issues. "We did switch consultants on this job, which was made public."

A guaranteed maximum price of $194 million was negotiated, but it was based on only 30 per cent of the drawings done — information that only came out recently, said Coun. Scott Fielding. "You ask anyone in the construction industry, they say that's an insane number," he said. "Council wasn't made aware that it was 30 per cent." BERNICE PONTANILLA/METRO

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Letter from the editor

Young, smart and living in an uncertain world

CHARLOTTE EMPEY
Editor-in-Chief

You know the Metro mindset: we're smart, quirky, rule breakers and über disrupters. So you won't be surprised — but we do hope you'll be excited — about an exclusive collaboration with celebrated Canadian author Douglas Coupland.

TEMP, serialized fiction running in Metro each weekday from today to Nov. 29, explores what it means to be young, smart, and only temporarily employed, through the eyes of a contemporary cast of characters just trying to carve a place for themselves in an uncertain world.

Temp opens with: "Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me."

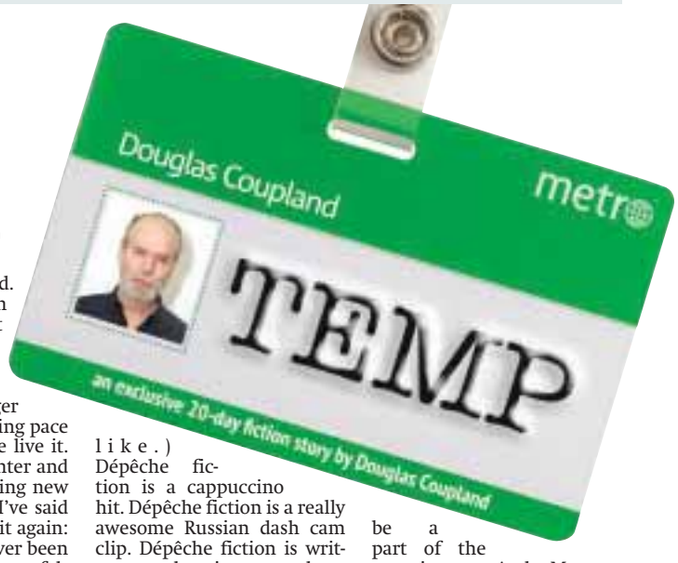
When Douglas approached us with his concept for a serialized narrative we jumped on the opportunity for a partnership. Douglas has been described as possibly the most gifted interpreter of North American pop culture writing today — and TEMP more than lives up to his reputation.

When I asked Douglas why Metro, he told me, "Metro is the tom-toms of the global village. It's the new face of old media. It reaches millions of people who devour every word and it all ends up being discussed in lunchrooms, meeting rooms, and dinner tables around the world."

And what does TEMP say about Douglas' take on tomorrow?

Read on! The first installment is on page 5.

Like alien eggs inside your brain



In the next four weeks you'll be reading the daily story of a very likeable character named Shannon. You already know Shannon — everyone knows Shannon — you may well be Shannon. She's that slightly geeky gal who temps at every office you've ever worked at. She's funny, she's got her head screwed on right, and most of all, Shannon lives in our collective real world. She lives in the year 2013 and Shannon's world is changing and mutating as rapidly as yours.

Change: that dreaded word. If only we could have a one-year holiday from change — but that's not going to happen and we all know it. So then, how do we make the most of life as it's really lived? How do we cope and find the good stuff amidst the bad stuff? That's what Shannon's all about.

Dépêche fiction

A traditional novel will always be central to human civilization, but I get the impression a new form of storytelling is being called for. I call it dépêche fiction: fast-changing fiction.

But wait. Why Metro? And why me writing about a character named Shannon in Metro? Two reasons. One: I always set my books in what I call "the extreme present tense." As living creatures, the present moment is all we have. It truly is… it's freaky and messy and weird. But it's ours and soon enough the present tense will become the Good Old Days — so enjoy it.

Two: I'm no longer sure if fiction is keeping pace with life and how we live it. I'm a born experimenter and I want to try something new to address this lack. I've said it before, and I'll say it again: as a species we've never been smarter yet we've never felt more stupid. We live in a world of devices and clouds and economic bubbles. A traditional novel will always be central to human civilization, but I get the impression a new form of storytelling is being called for. I call it dépêche fiction: fast-changing fiction. (Yes, kind of like Depeche Mode, a band I totally like.)

Dépêche fiction is a cappuccino hit. Dépêche fiction is a really awesome Russian dash cam clip. Dépêche fiction is written so that it accumulates in your brain over time, and then, just like alien eggs, it suddenly hatches and makes your brain say, "Hey! I'm feeling something tingly and new! And BTW, I've overtaken your existence!"

What to expect? Well, it's not The Office, and it's not a comic strip. TEMP is something new — and you get to be a part of the experiment. And Metro is the perfect slot for TEMP. Metro is read by people who are out there in the world living a full-on modern experience. Fiction is about readers being able to say, "Wait — that's how I see the world!" And I hope that's what you feel. And now let the eggs hatch.

DOUGLAS COUPLAND

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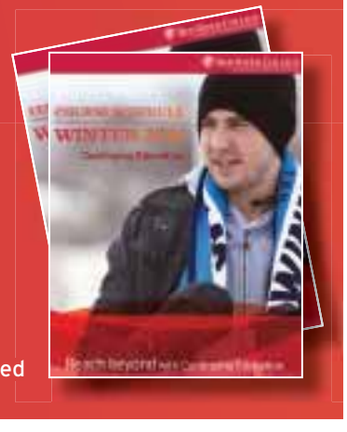

Former police chief acquitted

Car crash. A 2008 inquiry into how a fatal accident was handled led to Harry Bakema's arrest

A former small-town police chief was acquitted Friday on charges he deliberately botched an investigation into a deadly car crash caused by another officer.

Harry Bakema, 62, wept and hugged supporters after the verdict was read out in court. The husband of the woman killed in the crash, however, said the ruling was a blow.

"Let's just say justice takes two steps backward today," Robert Taman said outside court.

"I think when we all look at everything that took place over the last 8 1/2 years, it's pretty clear."

Bakema was the police chief in East St. Paul when a compact car driven by Crystal Taman was stopped at a red light in the early hours of Feb. 25, 2005. Behind her came a pickup truck driven by Derek Harvey-Zenk, an off-duty Winnipeg officer who had been out partying with colleagues.

Harvey-Zenk made no effort to stop and plowed into the back of Taman's car, killing her.

Bakema, who had worked with Harvey-Zenk in Winnipeg, was among the first officers on the scene and talked with Harvey-Zenk. Instead of testing him for impairment or asking whether he had consumed alcohol, Bakema walked Harvey-Zenk to another police vehicle and had him sit inside.

Because of a lack of evidence, impaired driving charges were dropped against Harvey-Zenk and he was sentenced to two years of house arrest for dangerous driving causing death.

THE CANADIAN PRESS

Oh Christmas tree, we'll decorate your branches

A 12-metre-high Colorado blue spruce went up in front of city hall Sunday afternoon after local resident Guy Sever donated his Stalker Bay tree to the city. A crane was used to lift the huge tree into place and a crew from the city's Urban Forestry Branch will spend the next several days decorating the tree with thousands of multi-coloured LED lights. The tree will be officially lit up for the season during a ceremony scheduled for Nov. 15 at about 5:45 p.m. SHANE GIBSON/METRO

Winning name

Student names newest zoo bear

The Assiniboine Park Zoo announced on Friday that the name Storm has been selected for the three-year-old polar bear now living at the Zoo's International Polar Bear Conservation Centre. Grade 3 student Brindi Botelho submitted the winning name. METRO

Churchill

Polar bears shot dead after attack, RCMP say

Two polar bears were shot and killed after one attacked a man in Churchill, RCMP said. Conservation officers tracked the polar bear, and two bears were shot dead. The man is now listed in stable condition. METRO

Suspect in custody

Standoff ends peacefully

Police surrounded a residence on Wellington Crescent Friday after a distraught man barricaded himself in and allegedly uttered threats. Police said Saturday morning the standoff ended at about 12:45 a.m. and a 30-year-old man was taken into custody. ELISHA DACEY/METRO

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Ford sorry for drunkenness, quiet on drugs

The show does go on. T.O. mayor says he will explain contents of the video if it's released

Toronto Mayor Rob Ford appears on his NewsTalk 1010 radio show on Sunday. MARK BLINCH/THE CANADIAN PRESS

Toronto Mayor Rob Ford acknowledged Sunday that he has made mistakes — including being "hammered" in public — but left unanswered questions about the alleged crack video.

"I'm the first one to admit I am not perfect. I have made mistakes," Ford said on his weekly radio show.

"Unfortunately, I cannot change the past; I can just move forward and learn."

Ford apologized to his family, city council and Toronto taxpayers. He said he was referring to being inebriated in public and texting while driving.

Ford didn't discuss the contents of the video that allegedly shows him smoking crack.

"When the video is released, I'm going to explain to the best of my ability what's in the video," said Ford, who asked Police Chief Bill Blair to release it.

But when the scandal first broke in May, Ford insisted there was no video at all.

Ford said later Sunday in an interview that he does not have a drug addiction problem.

"I'm not an addict of any type of drug — even alcohol," he told radio station AM640.

Blair said Thursday that the video will be evidence against Alexander Lisi — a friend of the mayor. Police allege Lisi tried to get his hands on the video and charged him with extortion.

Toronto police said Sunday that it is up to the courts to decide whether evidence is released to the general public.

There have been repeated accounts of Ford appearing intoxicated in public. On Sunday he acknowledged getting "hammered" during a street festival last summer.

At the time, Ford downplayed his behaviour, saying in August that he didn't do anything offensive and that videos of him appearing intoxicated were blown out of proportion.

THE CANADIAN PRESS

Change brewing. Care for a spot of carbonated tea?

Your grandmother's favourite beverage has found a new life with retailers who say tea is destined to become the next sought-after sip for Canadians bored with the same old cup of coffee.

Whether it's the traditional Earl Grey or fancy variations, like carbonated teas or tea-infused alcoholic drinks, the number of options for afternoon tea is growing at a stunning pace.

"Like wine, people are engaged by the complexities and the intricacies of tea," said Keith Howlett, an analyst with Desjardins, who watches trends in the retail industry.

"It's a familiar beverage and I think that's opened up possibilities."

During the past few years, more tea shops have established a quiet presence in neighbourhoods across the country, relying primarily on word of mouth to entice new customers, but the buzz is about to become much louder as Starbucks tries to grab a taste of the fervour. Last month, the Seattle-based coffee chain opened its first "tea bar" in New York City, a symbolic step towards expanding its Teavana store base. THE CANADIAN PRESS

Steeped in health

Canadians' tea consumption is expected to rise 40 per cent by 2020, according to a government agency report on food trends published by Agriculture and Agri-Food Canada. The increase will be driven by a soaring interest in health and wellness, it said.

Age of consent

Vatican changes — progress or PR?

While Vatican City amended its criminal code in July to raise the age of consent to 18, has anything really changed? Previously, the Vatican had the lowest age of consent in Europe — 12 — and a record of child sex-abuse scandals. Critics say this hasn't changed anything and is a feel-good gesture to help generate positive headlines.

VAWN HIMMELSBACH/FOR METRO

Random biz fact of the day

5-7 sec.

Recruiters spend an average 5-7 seconds looking at a CV.
BEHIRING/NEXCARRER

Douglas Coupland

Douglas Coupland is a Canadian novelist, visual artist and designer. His first novel, published in 1991, was Generation X: Tales for an Accelerated Culture. He has published 13 novels, a collection of short stories, seven nonfiction books, and a number of dramatic works and screenplays for film and television. Douglas Coupland's novels and visual work synthesize high and low culture, web technology, religion, and changes in human existence caused by modern technologies.

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Temp Enlivens Life-Sucking Meeting

I've learned over the years that the fastest way to turn an office to a grinding halt is simply to write 'broken' on a piece of paper, and tape it onto the photocopier. Staffers walk to the machine, see the sign, feel momentarily inconvenienced, and then glow inwardly when they realize they can blamelessly return to their cubicle and play FreeCell and trawl the Internet for Russian dash-cam car accident gifs.

Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me, roving from gig to gig, no medical, no dental, no anything else except the pleasure of not having to kiss ass or put up with imbeciles or care much about things like, say, life-suckingly boring meetings of the sort I sit in on at Taylor, Wagner & Kimura Filter Systems. TWK's owners are systematically moving the company to China and everyone knows it. Pretty much once a day someone at TWK is given the axe while I, as temp goddess, casually buff my nails or stalk Facebook looking for unflattering photos of the popular kids I used to go to high school with. There used to be a full-time receptionist but she went on mat leave. So here I am. Temp!

Dan Wagner (the Danimal) who co-owns TWK understands my devil-may-care, low-commitment attitude. Like today when he called me in from the front. "If it's OK, young Shannon here is going to take notes on today's meeting." Dan always winks at me, which is slightly pervy but technically not actionable as harassment.

My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world.

The Three Sarahs roll their eyes when Dan brings me in. Yes, you read that correctly: Sarah from Marketing, Sarah from Ecommerce Strategy and Sarah from Systems. Don't get me going.

So when the meeting invariably turns into an inevitable miasma of fear and crushed dreams Dan will say, "Shannon, give us a lift, why don't you. What's your random fun fact of the day?"

Today's fun fact: "Well, Dan, what country on Earth has the world's lowest age of consent?" This question was just racy enough to ensure that even the Sarahs listened in.

"What country would that be, Shannon?"

"The Vatican. The age of consent there is 12."

Even the Sarahs reacted to that one.

"Seriously?"

"12?"

Everyone whipped out their gadgets and dog piled onto Wikipedia. "Wait," said Sarah Number Two, "I think it might actually be 14."

"Well," said Dan, "The 13-year-olds over there must certainly be sleeping easy tonight. Shannon, thank you for bringing joy and knowledge to our universe. Phelps, you are good."

I am.

TO BE CONTINUED...

All work, low pay

Health and dental? Dream on, you part-time workers

The service industry has the highest level of temp jobs that are considered "precarious employment," according to a report called Untapped Potential: Creating a Better Future for Service Workers, by the Institute for Competitiveness & Prosperity and the Martin Prosperity Institute.

Part-time work that pays less than $24,000 a year, "precarious employment," makes it tough to get ahead. Sometimes juggling more than one job, in positions such as cashiers, taxi drivers and health-care aides, few of these routine service workers receive health or dental benefits or have access to retirement pension plans, the report notes. TORSTAR NEWS SERVICE

GETTY IMAGES

Random fact of the day

Women really are shoeaholics!

- In the Western world, the average man owns 12 pairs of shoes, while the average woman owns 27.

SOURCE: TIME.COM

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NO NEED FOR EPC ANYMORE

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

It has been called "the mayor's inner circle" or "the most powerful committee at city hall," but how much does the average Winnipegger really know about Executive Policy Committee (EPC)?

So, as the mayor prepares to fill a few holes in the current membership (so long, councillors Fielding and Vandal), it's a good time to take a look at how EPC works and consider if we should just get rid of it altogether.

Officially, EPC exists thanks to the City of Winnipeg Charter, which allows for creation of a committee to "formulate and present recommendations to council respecting policies, plans, budgets, bylaws and other matters that affect the city as a whole."

Part of that responsibility includes reviewing reports from other civic committees, recommending people for senior positions within the city, and overseeing the work of the CAO.

EPC consists of the mayor, the chairs of the standing policy committees (appointed by the mayor), and any other members the mayor appoints, as long as the membership is less than 50 per cent of the total number of people on council. In recent years there have been six councillors on EPC, and they all receive additional salary for serving on the committee.

Regular EPC meetings happen in city hall committee rooms on Wednesdays. They're open to the public and widely covered by the media. Occasionally, special meetings are also called to deal with urgent matters, like an important real estate transaction or the resignation of a senior city official.

However, as most city hall observers know, those meetings can be surprisingly quick and involve little debate over issues that seem important. That's because all the big decisions have already been made behind closed doors.

Every week EPC gathers in private, in a session called "IEPC," or Informal Executive Policy Committee. This is where they review upcoming reports, strategize about key issues, and argue over which direction they're going to take. When required, senior city staff or non-EPC councillors are invited in to discuss a specific issue, and then they have to leave. Official notes aren't taken, and you won't read about IEPC decisions in official city reports, yet these are some of the most important meetings at city hall.

A few decades ago, when the city was governed by 50 part-time councillors, it made sense to have an executive committee to coordinate activities. But now we have 15 full-time councillors, with full-time assistants and full-time smartphones. It's simply a lot easier for all of council to be in the loop on all major activities. And so they should be.

Given recent questions about EPC decisions (like the hiring of the last CAO), and public concern about secrecy at city hall, maybe the province should think about eliminating EPC from the Charter and giving all councillors equal power.

Or better yet, the newest members of EPC could commit themselves to becoming the last members of EPC, and push for change behind the scenes. We all know that's where the big decisions are made anyway.

metro PHOTO CHALLENGE

Contest winner's ears must have been ringing

COURTESY ALEXANDER WHISTLERS

Capturing a sense is part of the challenge

Alexander Whistlers, of Russia, is one of this year's global grand winners of Metro's Photo Challenge with his submission of the child musician. This year's challenge entailed capturing a sense. Whistlers and another Photo Challenge winner will join sponsor Reach for Change on a life-changing trip to Ghana, West Africa. There they will meet Change leaders — local heroes improving life for children.

The photos taken during the expedition will be published worldwide in Metro. METRO

Listen up

"When you see a real good picture, you can feel it in your stomach. This is the one I felt from the texts in the background to the colour of the boy's face."
Urban Brådhe, contest judge

What else?

Visit metronews.ca for more photo contest submissions.

And check here tomorrow to view the second global winner.

CONTRIBUTED

WE ACT:
CANADA DOES GOOD

Hope Blooms in north-end Halifax

Across the nation in our neighbourhoods, Canadians are up to a whole lot of good. Here's one we'd like you to meet:

Who: Jessie Jollymore (pictured), 54, green-thumbed go-getter
Where: Halifax, N.S.
What: Hope Blooms, a youth-led community garden
Why: "When you change the way you look at things, the things you look at change," says Jollymore.

Jollymore saw potential in a trash-filled lot of the public housing project of Uniacke Square. With chicken wire, donated seedlings and a five-hose line connected to a kitchen sink, she mobilized nine youth from the low-income neighbourhood to set up a community garden. Today, the volunteers of Hope Blooms are local leaders and expert farmers, producing more than 2,000 pounds of communal crops annually.

What inspired you to get started? "I felt that if there was something growing that the youth felt was their own, it may change things. We didn't know what we were doing at first. I basically had to search, 'How do you plant things?' But we kept digging until we had over 3,600 square feet and a greenhouse."

What motivates the work you do every day? "These youth were bullied in school, picked on because of where they live. But they changed the way they see themselves — as business people, as change-makers — and people outside the community are changing the way they see the kids.

"There's an old saying that, 'It takes a village to raise a child,' but sometimes the children raise the village."

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

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Fan fic

The Making of Star Wars

By. J. W. Rinzler

Kindle/Books

MIND THE APP
Kris Abel
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"He had an underlying current of sensual hostility," says George Lucas as Harrison Ford whoops and hollers in hearing himself described that way, one of many recently recovered audio and video clips featured in this enhanced ebook that explores the fascinating early days of Star Wars, when Luke was a girl, Han Solo was black, and Obi-Wan was a Japanese Samurai.

Box office

Ender's Game the weekend winner

Ender's Game scored the No. 1 slot at the weekend box office, earning $28 million in its opening weekend and sending Jackass Presents: Bad Grandpa into second place, according to studio estimates Sunday. Paramount's candid-camera comedy starring Johnny Knoxville brought in another $20.5 million in its second weekend.

THE CANADIAN PRESS

Need to illustrate your status update?

There's an app for that. When words aren't enough, Bitstrips supplies toons for your tales

ANDREA PARK
Metro World News in New York

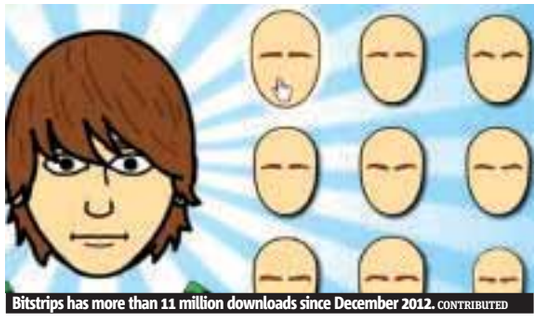
If you've been spending time lately on Facebook (and who among us hasn't), you may have noticed cartoon versions of your friends popping up on your news feed from an app called Bitstrips. The app was released in 2012, but the company only came out with iPhone and Android updates in September. Now, the personalized comic app is exploding on Facebook, with more than 11 million downloads since its December 2012 launch.

Bitstrips allows you to interact with your friends through social media using comic messages and visual status updates. Here are five things you need to know about the most popular free app on iTunes right now:

1. Bitstrips is Canadian
"We've been completely overwhelmed by the enormous response," said CEO, creative director and co-founder Jacob Blackstock (a.k.a BA). "We're ecstatic that this new way to express yourself online is capturing people's imagination in the way that it has."

Even though Bitstrips first rose to prominence in Canada, the app has taken off around the world, from Europe to Latin America. It's even been adopted by the Ontario school system for use in classrooms across the province.

Metro writer Andrea Park tries out Bitstrips. CONTRIBUTED



Bitstrips has more than 11 million downloads since December 2012. CONTRIBUTED

2. You are the star
You can completely customize your avatar on Bitstrips, from adding in a wheelchair to changing the size of your pupils. You can then add your character into preset Bitstrips scenes; you can share these on Facebook or make greeting cards with them.

3. Your friends can join you in the comic strips
If your friends are on Bitstrips with their own avatars, you can add them into your own comic strips for fun, pre-set scenarios like, "Jane finally bores John to death," with a comic of John leaving on a stretcher while Jane chats away.

4. You need to have Facebook to use Bitstrips
Like it or not, if you want to use Bitstrips you have to be game for letting the app post your comics on Facebook. You can change the privacy settings of your Bitstrips so your Facebook friends don't see them, but they do get sent to your profile. The strips are meant to be used in lieu of a Facebook status or wall post, like, "John is excited to be going on vacation."

5. You can change the Bitstrips scenes
While the background and positioning of the avatars will stay the same in given Bitstrips scenes, you can change facial expressions and text to make the strips your own.

For more info, visit bitstrips.com. **WITH FILES FROM VAWN HIMMELSBACH**

Miley Cyrus

Miley getting over Hemsworth quick

Miley Cyrus appears to be moving on just fine after her split from ex-fiancé Liam Hemsworth. The Wrecking Ball singer was spotted locking lips with Good Charlotte guitarist Benji Madden at Hollywood hot spot Bootsy Bellows on Halloween, according to E! News. Cyrus was reportedly enjoying a girls' night out with Kelly Osbourne and about 10 other friends, but her attention turned to Madden when he arrived. They later left together with a group of friends.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The sky's the limit for Kanye's wedding

STARGAZING
Malene Arpe
scene@metronews.ca

Kanye West says he wants fighter jets at his and Kim's wedding. Not because he wants to be overly ostentatious but because it's pretty much the only way to keep Kris Jenner from selling off the rented flatware.

Keith Urban says that he and his wife, Nicole Kidman, sext each other about once a year. No one dares ask what they do every five years.

The actress who played Pippi Longstocking in a 1988 movie is now stripping in Las Vegas alongside Joslyn James, one of Tiger Woods' many mistresses. See, Jon Gosselin, there is always hope.

Kim Kardashian shares that, after the birth of her baby, "when I came back from the hospital the first thing I did was go and look at my vagina in the mirror. It looks better looking than before." #priorities #eeeek #heyhowyoudoing.

Tori Spelling describes Katie Holmes as a "plastic robot" who "can't sing." "You're super-mean, Tori, and it's not my fault," says Katie Holmes. "Tommy insisted he get custody of the music programming."

Miley Cyrus's 13-year-old sister Noah is photographed while she's driving a car. "I know. That was a terrible judgment on my part," says Billy Ray. "What parent in their right mind would let their daughter get photographed clothed?"

Justin Bieber. ALL PHOTOS GETTY IMAGES

At least he's not peeing in a bucket — Bieber caught leaving brothel

They grow up so fast.

Just days after allegedly spending the night with a prostitute in Panama, Justin Bieber was caught by photographers sneaking out of a brothel in Brazil, according to Page Six. As one of his security guards sprayed photographers with water in an effort to ward them off, others hurried the 19-year-old Canadian pop star out the front entrance hidden under a sheet bearing the logo of the brothel — though one of Bieber's many tattoos was clearly visible. Bieber and a friend reportedly spent three hours at the establishment, Centauros in Rio de Janeiro, before leaving with two women and returning to his hotel.

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Housework

It's all fun and games — and your house ends up clean

Are you finding it hard to get any amount of housework done with your busy toddler?

Give yourself twice (or three times) as long to do a normal task — like vacuuming or mopping — and try to turn it into a game where your toddler can help you.

Strap him on your back and let him push the vacuum with you. Let him help you "wring out" the mop. Let him dry dishes.

Sure, you might make more of a mess along the way, but he'll enjoy being your sidekick, and your house will at least be cleanish.

JEN WARMAN OF YUMMYMUMMYCLUB.CA

Trying to get things done around the house with a toddler can be a challenge, unless you involve him or her. ISTOCK

Exclusively online

Hannah Montana what have you done?! Find out why Miley means Mommy needs a cocktail with hilarious Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/voices

The gift of not giving a thing

A new approach. One mom shares why she doesn't want any more presents for her kids

CHRISTELLA MORRIS
YummyMummyClub.ca

We're pretty lucky in our family. In May alone, I can cross off three out of four birthdays! Christmas and the fourth birthday are taken care of in December. This makes for a lot less time worrying about buying presents and a lot more time thinking about how much stuff we have. I really can't imagine having more things in my house. Toys, clothes, sippy cups, dirty dishes — we've got so much already.

I don't want to sound ungrateful for the amazing generosity of our friends and family because we're beyond thankful for all they've given us. But it's just so much. My boys really do not need another thing.

My favourite thing about presents is giving them. I spend extra time and care when giving so I know how difficult it can be to find that perfect gift.

But what if nobody gave my boys presents anymore? What if they only gave them gifts? The gifts of experience, adventure, and, more importantly, familiarity that they truly need.

So, before the start of the holiday season, I'm beginning a new tradition by asking that our friends and family offer experiences and time with our boys instead of money spent on them. Instead of buying my boys a toy lion, why not take one (or both) of them to the zoo to see a real one? Spending some time with a family member or friend would mean so much more to them than another toy.

Not a lot of time to give? What about contributing toward one of the shockingly expensive activities the boys participate in — piano, drum, guitar, swimming, dance lessons or soccer?

Don't have a lot of money? Hey, neither do we! No biggie. How about just spending some quality time with the boys? Set a day and take them to the park. Take one of them on a bike ride. Take one to the movies. Instead of investing in their toy collections, invest in your relationship with them.

We have a really good friend who, back in May, couldn't make it to Cash's third birthday party. She said she wanted to drop off a present at another time and I said. "He really doesn't need anything, but we'd love a visit! Why not just take him and do something with him, just the two of you?" In the end she, her boyfriend, and their friend and her daughter went to the zoo with Cash and he loved it.

I always think about the what ifs. What if something happened to me? What if something happened to their dad? They've built strong bonds with some family members, but others are only seen on occasion and only for short periods of time.

Building relationships now with these family members and friends will only benefit them in the long run if something were to ever happen to us.

These are the things I think about, people. Deep, I know.

But seriously, if you're in our circle of friends or family, please don't buy my kids presents but instead give them the gift of your time and love. That's the only thing they need.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD

Giving kids your time is more valuable than presents. ISTOCK

First the pumpkin patch, then the world

This morning, my little girl is getting on a school bus and going to the pumpkin patch on a class trip. I feel like crying. I wanted to go with her. The school said no parent volunteers. I wanted to keep her home. My husband said, "Let her go!"

I'm not sure I'm ready for my kiddo to grow up. To have experiences — without me!

I think I want her to stay my baby just a little big longer.

But this is all part of the parenting journey (or so they say).

First it's a class trip, then day camp in the summer. Before I know it, she'll be going over to her friends' houses without me and walking to school by herself. Inevitably, she'll grow up, whether I'm ready for her to or not.

It's all just a bit hard to swallow.

How do you let your kid grow up without getting in her way? How do you hide your apprehension so she can go out into the world and be brave and confident and full of wonder?

I'm reminded of an interview I did last year with Dr. Michael Thompson, a psychologist and best-selling author of Homesick and Happy: How Time Away From Parents Can Help A Child Grow. He said, "Modern parents think their presence always adds value to their kids lives, ... but this is not the case. You cannot give your child independence. You can only open the door and let your child walk out and have an experience on his or her own."

So, here I go. I'm opening the door. I'm not getting in my car and following that big yellow school bus all the way to the pumpkin patch (though, trust me, I've thought about it). I'm not insisting that I be allowed to accompany my child on this trip. I'm letting her go. I'm letting her grow. I'm letting her spread her little wings.

And all I can do is pray that she's always safe and happy, even when I'm not by her side.

Now someone pass me the wine — quick!

HAILEY EISEN OF YUMMYMUMMYCLUB.CA

Start those 'staches: Movember marks 10 years of hairy upper lips

Worldwide campaign.
Annual event contributes millions to research and encourages men to take control of their health

Famous folks with moustaches include, from left, Tom Selleck, Clark Gable, Salvador Dali, Richard Pryor and Ryan Gosling. GETTY IMAGES

Movember celebrates its 10th anniversary this fall. That's a decade spent raising funds for and awareness of prostate and testicular cancer, along with highlighting men's health in general. Since its beginnings in Australia, this annual campaign has become the world's largest non-government-funded organization donating to prostate cancer research.

"Last year, we eclipsed our goal of one million participants worldwide and raised over $147 million," says Mark Hedstrom, a spokesman for the annual fundraiser.

Movember is a simple, fun effort that works like this: Participants register online and sign up sponsors.

Then, on Nov. 1, the Movember men shave their faces clean and for the rest of the month grow a moustache. In Australia, the nickname for a moustache is a mo.

Despite the millions Movember puts into research, Hedstrom says an equally important goal of the campaign is having men take control of their health.

"We want men to think November, then Movember, and then think about getting a health check and telling other men to get a check up," says Hedstrom.

Go to ca.movember.com, hit Sign Up, and fill out your deets. It takes mere minutes to create a Mo Space page, where you can upload a profile photo, invite friends to register and donate, and set your personal URL you can send around. Join a team, go out on your own, or create your own team. METRO AND NEIL MORTON/FOR METRO

Facts you need to know about prostate cancer

- Prostate cancer is the most common cancer in Canadian men and the second-largest cause of male cancer deaths in Canada.
- Each year around 23,600 new cases are diagnosed in Canada and close to 3,900 Canadian men die of the disease every year.
- One in seven men will develop prostate cancer during his lifetime and one in 28 will die of it.
- If detected and treated early, there is a 95-per-cent survival rate associated with prostate cancer.
- The death rate has been declining significantly, by almost four per cent per year between 2001 and 2009 due to improved testing for prostate cancer and better treatment options.
- The chance of getting prostate cancer rises quickly after a man reaches age 50.

NEIL MORTON/FOR METRO

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Growing my first mo.
I didn't bring sexy back, but I sure felt empowered

Last year, for the first time, I grew a mo' for Movember. I had no idea what it would be like to grow a moustache, but the reaction from friends, family, colleagues and strangers alike was fantastic.

Sure, my mo' looked a bit silly on me, as my wife and two daughters can attest — I didn't exactly bring sexy back — but it was a totally empowering experience.

For those who didn't know why I was growing my mo' (yes, there are still some folks who aren't familiar with Movember) it was a great chance to start a conversation and explain why I was doing it, and what the cause is all about — prostate-cancer awareness and men's mental health.

Participating makes you basically a walking billboard for men's health. Being my first time out, I decided to join a team. There's strength in numbers, and it pushes you to compete with your teammates for donations. It's also neat to see your collective total build up over the month. You can also create your own team, and become a captain. If you decide to grow a mo', don't be shy about asking for donations.

If you're trying it this year or considering, be proud of joining this global movement — the Movember effect. There's no better way to get men talking proactively about their health. NEIL MORTON/FOR METRO

Neil Morton shows off last year's Movember look. COURTESY NEIL MORTON

Men's health

Prostate cancer 101: Symptoms and prevention

What is the prostate?
The walnut-sized prostate is a part of the male reproductive system. It adds nutrients and fluid to sperm, and is located in front of the rectum, right below the bladder.

What is prostate cancer?
Prostate cancer is a disease in which some prostate cells have lost normal control of growth and division. They no longer function as healthy cells.

Signs and symptoms of prostate cancer:
- Difficulty urinating
- Urgent need to urinate
- Frequent urination, especially at nighttime
- Burning or pain when urinating
- Inability to urinate or difficulty starting or stopping urine flow
- Painful ejaculation
- Blood in the urine or semen

Beware silent symptoms
Symptoms are not always present, especially in the early stages of prostate cancer. But if detected and treated early, your chances of survival are greatly increased. It's vital to get screened regularly so that if you do develop prostate cancer, the appropriate treatment can be taken.

Diet and lifestyle
- Men who have a low-fibre, high-fat diet have a higher rate of prostate cancer.
- A high body mass index (BMI) may increase your risk of prostate cancer.
- Being physically active is a good preventative tactic, along with losing weight and eating the right foods. Consuming lycopene (found in tomatoes and tomato products), soy, green tea and cruciferous vegetables (such as broccoli), may help to prevent prostate cancer. METRO

ISTOCK

Bloody Mary isn't just a drink (or a ghost in the mirror)

There's a secret ingredient popping up in a diverse range of recipes.

Fish sauce, traditionally used as a flavour enhancer in Asian cuisine, is being added to dishes such as this Bloody Mary Chicken with Olive-Celery Tapenade.

1. In a zip-close plastic bag, combine the V8, fish sauce, Worcestershire, horseradish and cayenne pepper. Add the chicken, close the bag, squeezing out any air, then refrigerate and allow to marinate for 2 to 6 hours.

2. Meanwhile, prepare the tapenade. In a medium bowl, combine the celery, finely chopped green olives, lemon juice, garlic and peppers. Stir well and allow to sit for at least 1 hour at room temperature for best flavour. This can be prepared ahead and refrigerated, then allowed to come to room temperature before serving.

Ingredients

- 11.5-oz can V8 vegetable juice
- 3 tbsp fish sauce
- 3 tbsp Worcestershire sauce
- 3 tbsp prepared horseradish
- 1/2 tsp cayenne pepper
- 1 1/2 lbs chicken breast tenders
- 3 stalks celery, finely chopped
- 1/2 cup green olives, finely chopped
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- 1/4 cup Peppadew peppers (or other sweet-hot peppers), chopped

3. When ready to cook the chicken, heat a grill to high. Remove the chicken from the marinade and grill on well-oiled grates for 3 minutes per side, or until cooked through. Serve topped with the tapenade.

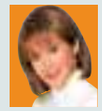
THE ASSOCIATED PRESS

Bloody Mary Chicken with Olive-Celery Tapenade

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Coffee and tea just go so well with pastries, but many are loaded with fat and calories.

Starbucks blueberry scone

460 calories/ 22 g fat

Many of us are under the impression that a scone with tea is a light snack. It's actually one third of your calories and fat for the day!

Equivalent

A Starbucks blueberry scone is equal in fat to six Eggo chocolate chip waffles.

Starbucks croissant

310 calories / 18 g fat

Can you imagine that a buttery croissant has less calories than a scone? It's true.

Dinner. Quick Chicken Cacciatore

1. Cook fettuccine according to package instructions.

2. Season chicken breasts with salt and pepper.

3. Place chicken in ovenproof dish and add onion, garlic, mushrooms, red pepper, Antonella's Roasted Garlic pasta sauce and white wine. Season with salt and pepper, to taste, then cover with aluminum foil and place in a 350 F preheated oven for 90 minutes.

4. For extra flavour, remove dish from the oven just before it's done, sprinkle with cheese and bread crumbs, then place under the broiler until the top turns golden brown.

5. Place chicken on top of cooked fettuccine and serve.

COURTESY ANTONELLA'S PASTA SAUCES

Ingredients

- 1 package of fettuccine (375 g)
- 8 chicken breasts
- Salt and pepper, to taste
- 1 onion, minced
- 2 garlic cloves, chopped
- 1 dozen mushrooms, quartered
- 1 red pepper, thinly sliced
- 1 box (750 ml) of Antonella's Roasted Garlic pasta sauce
- 1 cup of white wine
- 100 g aged cheddar, grated (optional)
- Bread crumbs (optional)

Don't make a mess of this pending position. ISTOCK

Work to the wise: Do not let the temp be dropped

Part-timer pointers. If you don't want to be permanently pushed from your temporary position, avoid these mistakes

VAWN HIMMELSBACH
life@metronews.ca

More companies are turning to temps to help out during busy periods or fill in when an employee is sick or on vacation.

If you're looking for full-time work or a way to supplement your income, temping can be a great option.

But if you want to keep the temp jobs rolling in, here are five things you should avoid on the (temporary) job:

Don't reorganize your co-worker's desk

If you're temping to fill in for someone who's sick or on vacation, there's a good chance you'll be sitting at their desk. While it's okay to wipe cookie crumbs off the keyboard, the person who regularly sits there probably isn't going to appreciate it if you tidy up their workspace or reorganize files on their computer (or leave your own cookie crumbs on their keyboard).

Don't get involved in office politics

If you're temping on a regular basis for the same company, it's easy to get sucked into office politics.

Try your best to avoid gossiping about co-workers and getting involved in office dramas — one of the downsides of being a temp is that you're easily replaceable, so it's not in your best interest to go around burning bridges.

Don't use work time as personal time

It's OK to chat with your co-workers; after all, you're not a robot.

But it's best to avoid compulsively checking Facebook, making personal calls or scanning job sites for full-time employment while you're on the clock — this sends a message to your temporary employer that you're not taking the job seriously.

Don't compromise yourself

While you shouldn't waste your employer's time, you should also value your own. Some temps want to make a good impression by working through their unpaid lunch break or taking on tasks that are outside of the original temping contract.

If you burn out or get sick, you won't be able to keep working — and you don't have benefits or sick days to fall back on.

If you don't take care of yourself, no one else is going to do it for you.

Don't dress like a slob

- Even if you're not looking to turn a temping job into a full-time position, it's not a good idea to show up for work in a pair of sweats (unless, of course, you're going to spend the day painting).
- Temping can open doors to opportunities you hadn't considered, so it's important to dress for success.

Avoid stirring the pot

One of the downsides of being a temp is that you're easily replaceable, so it's not in your best interest to go around burning bridges.

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The importance of being influential: What it means to be a modern mentor

Advising an up-and-coming entrepreneur can do just as much for your career as it can for someone's future success.
ISTOCK

My guru of greatness.
Three reasons to take a wandering business hopeful under your wing

Ask Kevin Schwenker about his experiences as a mentor and he'll likely have enough stories to convince any businessperson to free up some time to find a protegé or two.

Schwenker is a seven-year mentor with the Canadian Youth Business Foundation, a non-profit organization that provides youth aged 18 to 39 with start-up financing, pre-launch expertise, online business resources and mentoring to help them launch and sustain successful businesses.

As a mentor, your skills, experience and knowledge can play a key role in helping a future mogul get their business off the ground and turn their dream into a reality.

"It doesn't take a lot of time to make a huge difference in helping a young entrepreneur become successful," Schwenker says. Need more incentive? Here are some reasons you should consider taking on a mentee:

Pay it forward

Maybe your mentor was a kind professor who coached you before you landed your first job.

Perhaps it was a manager who took you under their wing. There's at least one person who played a role in shaping the businessperson you are today.

As a mentor, you can help mold the next generation, which means you can:

Influence the future of Canadian business

"I've always believed that providing a powerful vision of the future is the most important legacy we can give to our youth; supporting self-sufficiency via mentoring is a powerful influence one can have on the future," says Schwenker.

NEWS CANADA

Reap the benefits

You get what you give

In addition to helping others, many mentors claim to get much more out of the experience than they feel they give, including building their skills to advance their career and set them apart from peers, raising their personal profile and gaining personal satisfaction by contributing to the economic development of their community.

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Blue Bombers head coach Tim Burke walks off the field after losing to the Tiger-Cats at Investors Group Field on Saturday. FRED GREENSLADE/THE CANADIAN PRESS

Uncertain off-season lies ahead of Bombers

CFL. Team could undergo changes on and off the field

For veteran receiver Terrence Edwards, a season like the one the Winnipeg Blue Bombers just ended is about as depressing as it gets.

Edwards and his teammates cleared out their lockers Sunday after finishing 3-15, tied for the team's worst ever record in the 18-game CFL, capped with a crushing 37-7 loss to the Hamilton Tiger-Cats.

Looking up from the CFL cellar isn't where a receiver who has spent nine seasons in the league — seven with the Bombers — wants to be at the age of 34.

"It hurts," said the soft-spoken native of Tennille, Ga. "Could it be my last season? I'm planning on returning next year but you never know what will happen, this is professional sports.

"It would be a sad thing if I left Winnipeg with this taste in my mouth."

Despite injuries that limited his playing time, Edwards finished second on the Winnipeg receiving yards list in 2013 with 549.

It's a far cry from his three previous 1,000-yard plus seasons but this year the team also had a revolving door at quarterback, as they tried to find some consistency.

They dumped Buck Pierce, struggled behind a series of backups, and landing a legitimate starter is job one for whoever is leading the Bombers into next season.

With five head coaches in nine years, plus changes at other key spots, consistency throughout the organization seems lacking.

General manager Joe Mack and sophomore president Garth Buchko paid with their jobs for the team's struggles. Kyle Walters and Wade Miller have occupied those respective positions, but both have "acting" in front of their titles.

And they not only need to add new talent, they'll have a struggle hanging on to some of the best now wearing a Bomber jersey, including receiver Chris Matthews and linebacker Henoc Muamba.

THE CANADIAN PRESS

Off-field issues

A lot of fingers have been pointed at the self-perpetuating board of the community-owned team for not making better decisions.

- The new $200-million stadium opened a year late this season.
- A lack of planning saw many fans tied up in traffic for hours as they tried to make their way through the few congested roads that allow access to the stadium site.

NHL

Senators lose shootout, goalie

Jordie Benn scored the game winner in the shootout as the Dallas Stars defeated the Ottawa Senators 4-3 Sunday afternoon.

With 1:32 gone in overtime, Senators goalie Anderson went down hard after being hit by Valeri Nichushkin. He was taken off the ice on a stretcher after he appeared to take a knee to the head.

THE CANADIAN PRESS

MLB

Ausmus named Tigers' manager

The Detroit Tigers hired Brad Ausmus as their new manager Sunday, turning to a 44-year-old former catcher with almost no managerial experience to replace Jim Leyland at the helm of the three-time defending AL Central champions.

Ausmus emerged as Detroit's pick less than two weeks after Leyland stepped down. Ausmus takes over a team that has reached the AL championship series three straight years and should be well positioned for another big season in 2014.

THE ASSOCIATED PRESS

NBA

Heat get back into win column

LeBron James scored 25 points, Chris Bosh added 24 and the Miami Heat beat the winless Washington Wizards 103-93 on Sunday night to snap a rare two-game slide.

Miami hasn't dropped three straight regular-season games since Jan. 10-13, 2012.

THE ASSOCIATED PRESS

The Chiefs' Sean Smith intercepts a pass in front of teammate Marcus Cooper and the Bills' T.J. Graham on Sunday in Orchard Park, N.Y.
GARY WIEPERT/THE ASSOCIATED PRESS

Chiefs defence goes on offensive

The Kansas City Chiefs can thank their opportunistic defence for keeping their perfect start intact.

Sean Smith returned an interception 100 yards for a touchdown and Tamba Hali scored on an 11-yard fumble return in a 23-13 win over the Buffalo Bills on Sunday. The defence made up for a sputtering offence that managed just 210 yards, and for its own deficiencies.

The Chiefs gave up a season-worst 470 yards to a Bills offence that was led by undrafted rookie Jeff Tuel, making his first career start.

Kansas City (9-0) remained the NFL's only undefeated team and matched the best start in franchise history set in 2003. The Chiefs now enter their bye week before a key AFC West showdown against Peyton Manning and the Denver Broncos (7-1) on Nov. 17.

The Chiefs held an opponent to 17 points or fewer for the ninth straight time — matching the NFL record set by the Atlanta Falcons in 1977.

The Bills (3-6) were unable to overcome their own errors despite dominating nearly every offensive category. Buffalo had the edge in yards and first downs (25-15), and its 77 plays were 23 more than Kansas City ran.

The difference proved to be the Bills' inability to compensate for being down to their fourth-string quarterback. Tuel started in place of interim starter Thad Lewis, sidelined with bruised ribs. Buffalo's rookie starter, EJ Manuel, missed his fourth game with a sprained right knee.

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Horoscopes

♈ Aries
March 21 - April 20
A financial or business matter demands your attention – not next month but right now. If you have not got it sorted by the time Mercury turns direct next weekend it could cost you.

♉ Taurus
April 21 - May 21
Offer to meet others halfway today and they will jump at the chance. Be open about what it is you desire and encourage others to be honest about their desires too.

♊ Gemini
May 22 - June 21
Don't waste time on trivial things or petty vendettas. On the work front especially you have important tasks to complete. Get serious about your ambitions.

♋ Cancer
June 22 - July 23
If you are planning on doing something out of the ordinary then you had better be quick about it. By this time next week circumstances will have changed so get it done.

♌ Leo
July 24 - Aug. 23
It should be obvious to you by now that a plan of some sort is not going to amount to much, so junk it and focus on something new. By the end of the week you will be working on something different.

♍ Virgo
Aug. 24 - Sept. 23
Few things in life are black and white and with Mercury, your ruler, still moving retrograde no doubt the whole world looks gray. Never mind. A week from now everything will be sweetness and light again, so smile!

♎ Libra
Sept. 24 - Oct. 23
Maybe something drastic will happen in your personal life to set you on a new course, or maybe your way of looking at the world will change – either way this will be a week of major developments.

♏ Scorpio
Oct. 24 - Nov. 22
Because Mercury is moving retrograde through your sign be careful not to let your mind fool you. It won't be until the 10th, when Mercury moves in your favour again, that you begin to see clearly.

♐ Sagittarius
Nov. 23 - Dec. 21
Usually you are upfront about what you think and feel but for some reason you are reluctant to let others know what's going on in your heart. Maybe it's because you're not fully sure yourself.

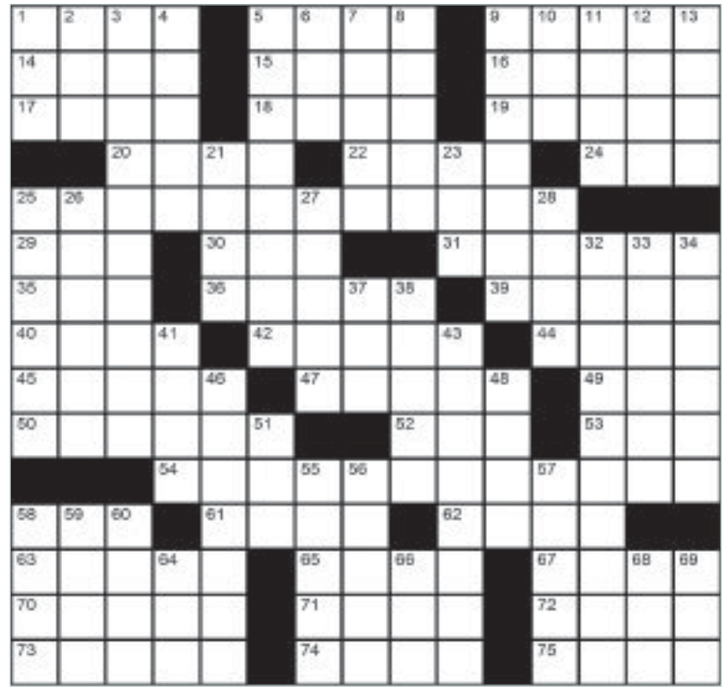
♑ Capricorn
Dec. 22 - Jan. 20
Someone is being less than honest and you must make it your business to find out exactly where and why they are trying to trick you.

♒ Aquarius
Jan. 21 - Feb. 19
You want to talk to someone in a position of power but you can sense that now is not the right time, and you are right. A week from now is the right time so be patient.

♓ Pisces
Feb. 20 - March 20
Try not to let slip facts that rivals might be able to use against you. Pisces is such a trusting sign that you sometimes say more than you should. Think self-preservation. **SALLY BROMPTON**

Crossword: Canada Across and Down

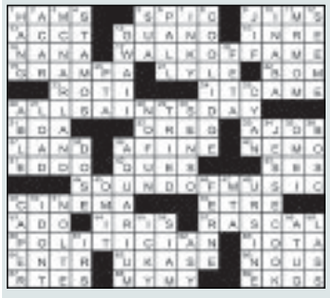
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Operatic soprano Ms. Gluck
5. Tennis great, Bjorn __
9. Bob or Doug McKenzie
14. Central places
15. Thought
16. Quebec-set flick, "Mon __ Antoine" (1971)
17. Palm starch
18. Sporty stuff
19. Port city of Japan
20. Unfortunately
22. Make supper
24. Internet connection letters
25. The Royal __ Winter Fair, every November in Toronto
29. Ms. Streep, to pals
30. Inflated id
31. St. __, Ontario
35. "__, _ don't know." (Unsure reply)
36. "Bolero" composer
39. Hagar the Horrible's dog
40. Trails
42. Pave the road again
44. Knife part
45. Book drawing, for short
47. Coffee choice
49. "__ Wiedersehen!"
50. Antarctica penguin
52. Tokyo, once
53. Ms. Thompson of Back to the Future (1985)
54. Employee 'gaining work experience' at a company: 2 wds.
58. Assoc.
61. The __ In The Hall
62. Sea of __ (Black Sea arm)
63. Queen's fave dog
65. "Curses!"
67. Biblical peak
70. NHL coach Mr. Vigneault
71. Deodorant's pal
72. Was aware
73. ___ (Pronounciation-wise, first letter of 'Geneva')
74. __-Dokie
75. Rugged off-road rides, commonly

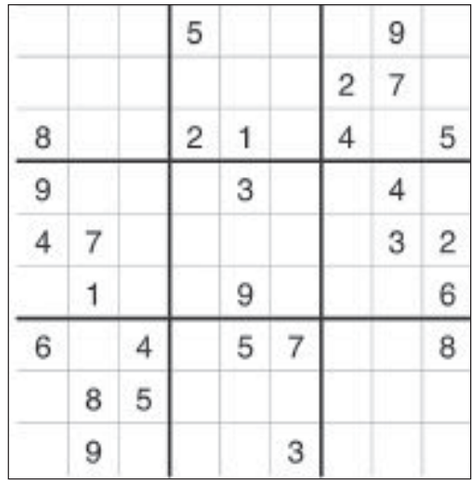
Down
1. Mr. Pacino's
2. Hawaii's Mauna __
3. Kate & Anna __ (Canadian singer/songwriter sisters)
4. Garlic sauce
5. "If I Had My Way" band from Toronto: 2 wds.
6. Poet's creation
7. Respond
8. Single-named singer from Sherbrooke
9. Pipes like The Caterpillar's in Alice in Wonderland
10. Green light switches
11. Kind of fish
12. Caribou cousins
13. Actual
21. Computer firm
23. Food scrap
25. Aviator Ms. Earhart
26. Actor Mr. McRaney
27. Adored
28. Isolated
32. Team Figure Skating, a new __ __ to debut at the 2014 Winter Olympics
33. Quarrelling one
34. The Vampire Diaries character
37. Pre l'Automne month
38. Straight-__
41. Star Trek role
43. Glow
46. How the Titanic spent its last moments alas
48. Happy Days character, The __
51. Prefix meaning 'Over'
55. Beef up: 2 wds.
56. Singer/actor Chris
57. Toy truck
58. Wood sorrels
59. Chocolate-coated caramel candy
60. Tennis great Steffi
64. "Be off!"
66. Gladiator's 1051
68. Ms. D'Angelo, to pals
69. Painful expressions

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 8° MIN: -2°	MAX: 2° MIN: -4°	MAX: 3° MIN: -4°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

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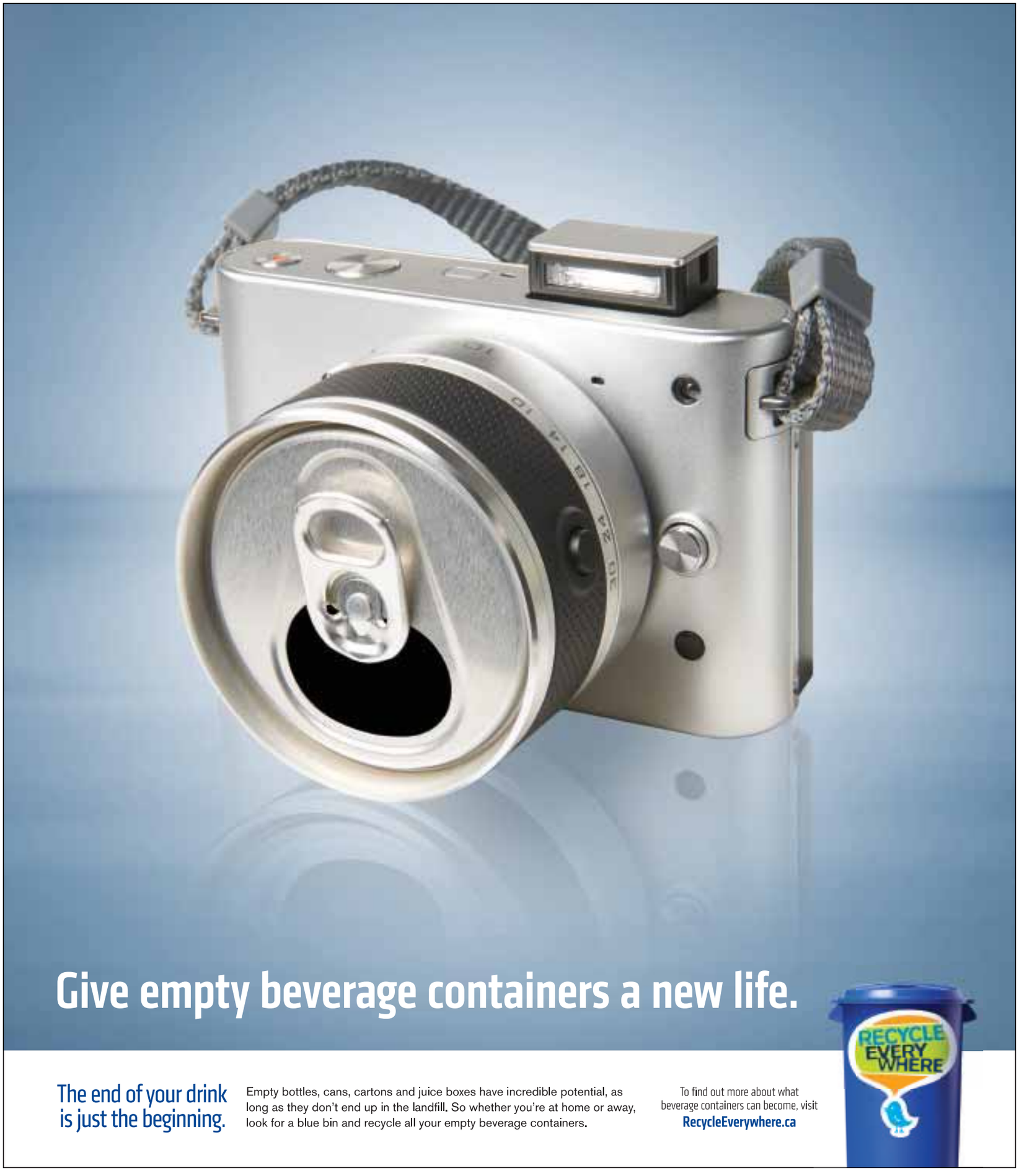

The end of your drink is just the beginning.

Empty bottles, cans, cartons and juice boxes have incredible potential, as long as they don't end up in the landfill. So whether you're at home or away, look for a blue bin and recycle all your empty beverage containers.

To find out more about what beverage containers can become, visit **RecycleEverywhere.ca**